



Module 1 Syllabus *Aromatherapy*

Contact information: info@schoolofessentria.com

Upon successful completion of this module, students will demonstrate proficiency in aromatherapy while engaging in a code of conduct beneficial to their clients.

- The completion of module 1 should take approximately 325 hours.
- The course is delivered through home study and includes detailed pictures, and videos to support the material.
- Students need to complete a quiz with each lesson, these do not need to be handed in, and are for students' own knowledge testing.
- There are 3 assignments that required submission for grading
- 30 case studies to be completed and submitted for grading
- It is recommended for students to join the private Facebook group that was emailed at registration to receive peer support for studying and making connections.

Upon completion of the course, the student will demonstrate proficiency in

- Summarizing the history of aromatherapy from ancient to modern times
- Comprehending the basic concepts of aromatherapy
- Comprehending the safe use of essential oils
- Comprehending the chemical properties of 73 essential oils and applying this knowledge
- Developing a blend and treatment plan to address concerns of clients
- Comprehending essential oils in the process from harvesting to bottling
- Describing the therapeutic properties and use of carrier oils
- Describing the therapeutic properties and use of hydrosols
- Producing a variety of personal aromatherapy products
- Differentiating how aromatherapy applies to special groups
- Recognizing the purpose of and performing a professional consultation and assessment
- Developing a business outline
- Engaging at all times in a code of conduct beneficial to the clients

Evaluation and Grading

- All quizzes are for students own study, they do not need to be handed in for grading.
- All assignments need to be emailed to info@schoolofessentria.com for grading.
- There are 3 assignments through the course plus a research paper.
- 30 case studies need to be completed and email in.
- The final exam must achieve a minimum of 75% on the final exam to be considered a pass.
- A study guide will be provided once you complete the case studies and you have emailed in to request it.

Assignment 1 - 5 Case Studies	10%
Assignment 2 - Chemistry	5%
Assignment 3 - Video	5%
Assignment 4 - Research Paper	50%
Assignment 5 - 30 Case Studies	30%
Total:	100%

Final Exam

- The Final exam is a national board exam. You must sign up for it from our website after completing all assignments.
- You must pass the exam with a 75% to pass the course and be eligible to become a CFA and/or NAHA member.
- Exam is online
- Additional information is provided in the exam review.

Recommended books, apps, websites

- Essential Oil Safety, Robert Tisserand & Rodney Young, 2nd edition
- Aromatherapy for Health Professionals, Shiley & Len Price, 2nd edition
- The Complete Guide to Aromatherapy, Salvatore Battaglia, 3rd edition
- The Complete Book of Essential Oils & Aromatherapy, Valerie Ann Worwood, 2nd edition
- The Aromatherapy Beauty Guide, Danielle Sade
- Complementary Nursing in End of Life Care, Madeleine Kerkhof-Knapp hayes
- The Essential Life
- Hydrosols - The Next Aromatherapy, Suzanne Catty
- Essential Oils in Colour, Rosemary Caddy
- Aromatherapy - The Essential Blending Guide, Rosemary Caddy
- Carrier Oils for Aromatherapy & Massage, Len Price with Ian Smith & Shirley Price
- The Healing Intelligence of Essential Oils, Kurt Schnaubelt
- Medical Aromatherapy, Kurt Schnaubelt
- The Practice of Aromatherapy, Jean Valnet
- Subtle Aromatherapy, Patricia Davis
- Aromatherapy Insight Cards, Jennifer Jeffries
- Aromatherapy for Babies and Children, Shirley Price and Penny Price Parr
- Aromatherapy and Massage for Mother and Baby, Allison England
- The Chemistry of Essential Oils, Joy E. Bowles
- Healing Home Spa, Valerie Gennari Cooksley
- Organic Body Care Recipes, Stephanie Tourles
- Business mastery, Cherie Sohnen-Moe
- Ultimate Homebased Business Handbook, James Stephenson with Rich Mintzer
- <https://www.aromaculture.com/>
- <https://www.stillpointaromatics.com/>
- Podcast: Herbs & Oils
- Podcast: Manifestation Babe
- Podcast: The Mind Your Business Podcast
- Podcast: Aromatic Wisdom, The Voice of Aromatherapy
- App: Joy Sprinkler, Joy Sprinkler Aromatherapy